

# ROSACEA TREATMENT CLINIC

## **AM (Morning) Basic Protocol**

**Cleanse skin with one of the following:**

Oil-Free Purifying Gel Cleanser or  
De-Sensitizing Cleansing Emulsion

*Cleansing at the basin is preferred over cleansing while showering.*

*Apply either to dry skin, massaging gently until complete cleanser penetration occurs.*

*Add water to emulsify, massaging gently until the cleanser has been completely released by skin.*

*Rinse thoroughly by splashing the face with tepid water 15–20 times.*

*Pat skin dry, ideally by pressing soft tissues flatly against its surface.*

**Prepare skin for treatment with one of the following:**

Hydrating De-Sensitizing Mist or  
Purifying De-Sensitizing Mist

*With eyes closed, mist skin until moist, but not dripping.*

**Treat, Hydrate and Protect with one of the following combinations:**

2–5 drops of Hydrating Serum mixed with either  
Treatment Fluid  
Treatment Cream or  
Cooling Lotion  
+  
Rosacea Sunscreen

*Mix in the palm of the hand (do not pre-mix larger quantities for later use).*

*While the skin is still slightly damp from De-Sensitizing Mist, apply section by section using gentle smoothing motions until complete penetration occurs.*

*Wait 5 minutes after application of Serum and Fluid/Cream/Lotion before applying Sunscreen.*

*Sunscreen should also be applied section by section until complete penetration occurs.*

*Apply 5 mL to reach the stated SPF for a therapeutic period of time.*

*Always complete the AM protocol with Rosacea Sunscreen, irrespective of season or weather.*

**Follow the AM protocol 365 times a year without interruption.**

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# ROSACEA TREATMENT CLINIC

## **PM (Evening) Basic Protocol**

**Cleanse skin as per AM.**

**Prepare skin for treatment as per AM.**

**Treat, Hydrate and Protect as per AM, omitting Sunscreen.**

Ideally, alternate use of Treatment Fluid, Treatment Cream and Cooling Lotion, in preference to using only one on a permanent basis.

**Follow the PM protocol 365 times a year without interruption.**

## **General Treatment Notes**

Rosacea is a chronic disease which varies over time. Ideal topical skincare is but one element of securing a better prognosis and is never solely responsible for remission or worsening. Patients should not seek simplistic cures or explanations – they do not exist and if used as the basis for treatment will produce relative permanent detriment.

The skin regenerates in entirety approximately once every four months, accordingly four months' uninterrupted treatment is required to determine preliminary results. The skin of patients over approximately 45 years' age is generally slower to renew and will require up to 6 months.

Avoid obvious environmental triggers and foods (spicy or very hot in temperature) and very sugary and starchy foods on a regular basis.

Take one tablespoon flaxseed oil in natural yoghurt (or combined with any other food) daily to help support the skin's interstitial matrix.

If using prescription medications, apply immediately after cleansing and wait 5 minutes before proceeding to spray with De-Sensitizing Mist and applying Hydrating Serum and Treatment Fluid/Cream/Cooling Lotion (and Sunscreen, if AM).

Additional or modified treatment may or may not be required beyond four months according to the nature of results achieved.

Ocular rosacea treatment and recommendations are a distinct protocol.

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